

Squid & Potato Stack Salad

Gluten Free Dairy Free

Low Chemical

Makes 2

Ingredients:

12 calamari rings

Rice bran oil

1 cup iceberg lettuce shredded

1 cup mung bean sprouts

½ cup red cabbage shredded

½ cup diced celery

½ cup diced green beans

¼ cup bamboo shoots

¼ cup diced parsley

½ cup *Cashew Dressing* (see recipe GF DF Low, Condiments)

6 *Potato Flat Breads* (see recipe GF DF Low, Breakfast)

Iodised salt to taste



(If you wish to batter coat your calamari and deep fry them see the GF Tempura Battered Fish GF DF Low, Dinner recipe for suggestions for this)

Method:

- Prepare the cashew dressing first
- Then prepare the grated potatoes and put the first tray of 6 in the oven
- While the potatoes cook, dice and chop the salad vegetables and cook the calamari
- Fry the cleaned calamari rings in the rice bran oil for a few minutes to cook through, then cut into pieces.
- Shred and dice the vegetables as suggested and combine with the cooked calamari
- Fold the cashew dressing through the salad

To Serve for 2 people:

- Place 1 potato flat bread on each of 2 serving plates
- Top each potato bread with ¼ of the salad mixture each
- Place another potato bread on top of the salad
- Followed by the remaining salad
- Finish by stacking a third potato bread on top of the salad